Claims:

1. An exchange tray comprising:

an exchange containment unit matching a packing containment unit of a packing tray to receive a component of a hard disk drive; and

an exchange base to support the exchange containment unit.

2. The exchange tray of claim 1, wherein the exchange tray is able to contain a plurality of components.

3. The exchange tray of claim 1, wherein the exchange containment unit is an indentation shaped to hold the component.

4. The exchange tray of claim 1, wherein the exchange containment unit is a set of pins to hold the component.

5. The exchange tray of claim 1, further comprising a limiter attached to the exchange base to match a limiter of the packing tray.

6. The exchange tray of claim 1, wherein the component is a magnetic read/write head.

7. The exchange tray of claim 1, wherein the component is a micro-actuator.

8. The exchange tray of claim 1, wherein the component is a head gimbal assembly.

9. The exchange tray of claim 1, wherein the component is a head suspension

10. The exchange tray of claim 1, further comprising at least one pin hole in the exchange base matching at least one pin hole in the packing tray.

11. The exchange tray of claim 1, wherein the component is moved from the packing tray to the exchange tray by positioning the exchange tray above and in contact with the packing tray and rotating the packing tray and the exchange tray together.

12. A system, comprising:

a packing tray with a packing containment unit to hold a component of a hard disk drive; and

an exchange tray with an exchange containment unit matching the packing containment unit to receive the component.

13. The system of claim 12, wherein the exchange tray and the packing tray are able to contain an equal plurality of components.

14. The system of claim 12, wherein the exchange containment unit is an indentation shaped to hold the component.

15. The system of claim 12, wherein the exchange containment unit is a set of pins to hold the component.

16. The system of claim 12, further comprising a limiter attached to the exchange base to match a limiter of the packing tray.

17. The system of claim 12, wherein the component is a magnetic read/write head.

18. The system of claim 12, wherein the component is a micro-actuator.

19. The system of claim 12, wherein the component is a head gimbal assembly.

20. The system of claim 12, wherein the component is a head suspension.

21. The system of claim 12, further comprising at least one pin hole in the exchange base matching at least one pin hole in the packing tray.

22. The system of claim 12, wherein the component is moved from the packing tray to the exchange tray by positioning the exchange tray above and in contact with the packing tray and rotating the packing tray and the exchange tray together.

23. A method, comprising:

placing a component of a hard disk drive in a packing containment unit of a packing tray;

positioning an exchange tray with an exchange containment unit matching the packing containment unit above and in contact with the packing tray; and

rotating the packing tray and the exchange tray together to move the component from the packing tray to the exchange tray.

24. The method of claim 23, further comprising:

holding a plurality of components in the packing tray simultaneously; and

transferring the plurality of components to the exchange tray simultaneously.

25. The method of claim 23, wherein the exchange containment unit is an indentation shaped to hold the component.

26. The method of claim 23, wherein the exchange containment unit is a set of prongs to hold the component.

27. The method of claim 23, wherein a limiter attached to the exchange base matches a limiter of the packing tray.

28. The method of claim 23, wherein the component is a magnetic read/write head.

29. The method of claim 23, wherein the component is a micro-actuator.

30. The method of claim 23, wherein the component is a head gimbal assembly.

31. The method of claim 23, wherein the component is a head suspension.

32. The method of claim 23, further comprising securing at least one pin hole in the exchange base to at least one pin hole in the packing tray.